Sunkist Bulletin

Food Lesson Number 3
(1933 Series)

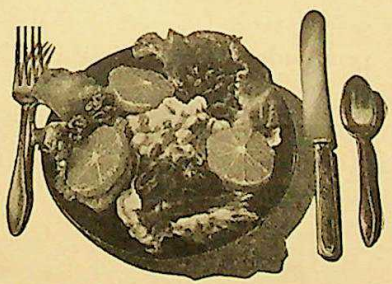
THE ADEQUATE LUNCHEON

LUNCHEON REQUIREMENTS. Luncheon brings a welcome interlude in the day's activities. By noon, the energy which the breakfast meal has provided for your body, requires replenishment. This energy should be furnished by an adequate and appetizing midday meal, which has been carefully selected to provide its share of the day's dietary essentials.

A good luncheon for the person of any age and one especially good for a growing boy or girl will include: **milk, a vegetable** and a **fruit** served with an **energy food** and a **hot food.** One dish may supply several of these factors, as a cream soup, which combines milk and vegetables in a hot dish.*

SCHOOL LUNCH PROJECTS. Such a luncheon is easily served at home and is provided by many school lunch rooms. Where there is no lunch room, the food classes sometimes serve students with one hot dish, such as vegetable milk soup or cocoa. This makes an excellent accompaniment for the lunch box sandwiches and other foods.

Food classes often help in the school lunch room and thus have a very practical opportunity of studying this meal. If this lunch room service includes the preparation of free meals for certain students, the food class has a special responsibility in providing luncheons that satisfy appetite with such needed foods as milk, fruits and vegetables, which the home diet perhaps cannot provide.



This Fruit Meal Salad is an excellent luncheon main dish

FRUIT IN THE LUNCHEON MENU. Luncheon affords a valuable opportunity for adding fresh fruit to the day's menu in such forms as cocktails, salads, desserts and beverages. A main course salad, in which fruit is combined with cheese, nuts or other substantial foods is particularly good.

Simple cakes, pies and puddings, as well as breads, biscuits, rolls and cookies flavored with oranges and lemons, may provide some of the energy requirements of this meal but will not replace fresh fruit in the day's food requirements.

* (See Luncheon Menu Pattern or Guide on the next page for suggestions on planning this meal.)

LUNCHEON MENU PATTERN OR GUIDE

FOOD	VARIATIONS
Creamed tuna	Other light fish, meat, egg, cheese, vegetable *or* milk dishes (fish chowders, scalloped *or* creamed dishes, omelets, souffles, hash)
Mashed potatoes	Potatoes (other styles), rice *or* macaroni, *or* serve an energy dessert (corn-starch *or* bread pudding); cookies, etc., for lunch box
Bread	Egg, meat *or* nut butter sandwich for lunch box
Orange and banana salad	Any fruit *or* vegetable salad (a main dish salad such as Fruit Meal Salad, if heavier first courses omitted) *or* any vegetable other than potatoes *or* a fresh fruit dessert. An orange for lunch box
Milk to drink	Cocoa *or* malted milk *or* buttermilk. Milk may also appear as a dessert in custard, ice cream, etc. Hot soup *or* cocoa in thermos bottle for lunch box

Plan luncheon to furnish from ¼ to ⅓ of the day's food. Include: a milk, a vegetable and a fruit serving, with a starch or sweet dish and a hot dish.

MID-MEAL LUNCH SUGGESTIONS

FOOD	VARIATIONS
10:00 A.M.	
Orange and graham cracker	Orange *or* lemon and milk beverage
4:00 P.M.	
Milk	Jelly *or* nut butter sandwich; *or* lemonade and cup cake

Lemon Egg-Nog: Beat yolk of 1 egg with 2 tablespoons lemon juice and 1 tablespoon sugar. Pour into a tall glass. Beat white of egg very stiff with 1 tablespoon sugar. Fold three-fourths of egg white into egg yolk mixture. Add milk (fresh or evaporated) to almost fill glass. Stir well with a spoon. Top drink with remainder of beaten egg white, sprinkled with a bit of grated lemon rind. Serve at once.

Orange Nog: Combine ½ cup orange juice, 1 teaspoon grated orange rind, ⅓ cup evaporated milk, ⅓ cup water. Beat well. Chill and sweeten to taste.

Lemonade: Combine juice of 1 lemon, 2 to 3 tablespoons sugar, cold water to fill glass.

ORANGE RUSKS *(Makes 2½ Dozen)*

1½ cakes yeast (fresh or dry,) crumbled
½ cup lukewarm water
2 cups orange juice
½ cup shortening, melted
¾ cup sugar
2 teaspoons salt
2 eggs, beaten
1 teaspoon mace or ¼ teaspoon nutmeg or cardamon
2 tablespoons grated orange peel or shredded candied peel
8 cups flour

Soften yeast in lukewarm water. Mix together all other ingredients except flour. Add yeast and flour. Beat well. Let rise until doubled in bulk. Stir the dough to break down the gas bubbles. Drop dough by spoonfuls into very well-buttered muffin pans, turning it over with spoon and fork to butter all surfaces. Let rise until very light. Bake in a hot oven (450° F.) for about 10 minutes until golden brown. When cooled slightly, spread tops with mixture of:

1 cup powdered sugar
1 teaspoon grated orange rind
¼ cup orange juice

Variation: Bake as clover-leaf rolls. Raisins, citron and nuts may be added to the dough as desired.

Especially Suitable Served For:

Luncheon *(with fruit salad)*
Lunch box sandwiches
Afternoon tea
Summer supper

This guide and the recipes may be cut out and pasted on cards for filing in a recipe card cabinet, after lesson has been studied. All recipes have been tested by a distinguished home economics teacher.

ORANGE CREAM CUSTARD

(Serves 6)

Mix together thoroughly and cook in double boiler until thickened:

2 egg yolks, beaten
⅓ cup sugar
2 tablespoons flour
⅛ teaspoon salt
1 cup orange juice
1 cup cream (or evaporated milk)

Add:

1 teaspoon grated orange rind

Cool and turn into serving dish over:

½ cup orange slices

Chill. Cover with meringue made of:

2 egg whites, stiffly beaten with
4 tablespoons sugar

Decorate with additional orange slices.

Especially Suitable Served For:

Luncheon dessert *(pack in jelly glass for lunch box)*
Dinner dessert

LEMON CHIFFON PUDDING *(Serves 6-8)*

5 tablespoons flour
1 cup sugar
3 tablespoons butter
3 egg yolks, beaten
¼ cup lemon juice
1 cup milk
3 egg whites, stiffly beaten

Mix flour and sugar; cream in butter; add egg yolks, lemon juice and milk. Fold in egg whites. Bake in buttered individual custard cups, set in a pan of warm water. Bake 35 minutes in oven (360° to 375° F.). Will form a cake top with a layer of custard below.

LEMON TAPIOCA *(Serves 6-8)*

(Double or treble ingredients to serve more)

⅓ cup quick cooking tapioca
3 cups boiling water
¼ teaspoon salt
Rind 1 lemon
1 cup sugar
½ cup lemon juice
2 egg whites

Combine the first four ingredients and cook 20 to 30 minutes. Remove lemon rind and add sugar and lemon juice. Beat egg whites stiff, fold them lightly in, chill thoroughly and serve in sherbet glasses.

Especially Suitable Served For:

Luncheon or dinner dessert

FRUIT MEAL SALAD *(Serves 1)*

(See illustration on first page)

On lettuce-covered salad plate, center a mound of cottage cheese (1½ tablespoons). Around this at equal distances arrange 3 piles of orange slices. In spaces between orange, place 3 or 4 stoned dates (first space); 1 dessert spoon seeded raisins (second space); 5 walnut meat halves (third space). Serve with Sweet French Dressing.

Especially Suitable Served For:

Main dish served for luncheon or supper. *(Accompany with buttered roll or sandwich and beverage such as milk for children)*

ORANGE BANANA SALAD *(Serves 1)*

Peel orange and cut into ¼-inch slices. On lettuce-covered salad plate, place 2 orange slices. Cover with 2 lengthwise quarters of banana, sprinkled with lemon juice. Top with slice of orange. Garnish with mayonnaise or boiled dressing and walnut meats.

Especially Suitable Served For:

Separate course salad
Dessert salad

important school lunch room servings—will be found in other lessons of this series. It is a simple matter to double or treble amounts of ingredients for quantity serving in uncooked dishes.

VALUE OF CITRUS FRUITS. Fruits, and especially citrus fruits, help to solve one of the most difficult problems of the school lunch by supplying essential food elements in a form always popular with students. In many homes the importance of fruit in the daily diet is not realized. Citrus fruits—oranges, grapefruit and lemons—are among the best sources of vitamin C, a very important factor in promoting general health and one of the dietary factors most likely to be lacking in the average diet. The low cost diets of the present season should provide vitamin C foods and the school lunch presents an excellent opportunity for teaching the importance of these foods.

LUNCH BOX MENUS. Lunch box menus necessitate a special study in the serving of cold foods in appetizing form. Sandwiches are the most practical foundations for such lunches, but milk, vegetables and fruit should also be included if possible. A thermos bottle will serve hot liquids.

This lunch lacks the appetite-stimulating effect of hot dishes and this fact, together with its necessary dryness, makes the juicy and refreshing fruits most welcome. Juicy fruits, such as oranges, are particularly excellent. (See suggestions for this lunch in Luncheon Menu Pattern or Guide.)

MID-MEAL LUNCHES. Milk is often served for a mid-meal school lunch in cases where students are undernourished or inadequately fed. This serving may be done by food classes. A mid-meal orange accompanied by one or two graham crackers has given notable results in increasing rate of weight gain. This fruit is especially recommended where the home diet is limited and does not provide adequate sources of the important vitamin C. A milk and citrus fruit beverage is also good.

QUESTIONS FOR REVIEW

Name five factors which should be considered in planning a well-balanced luncheon. Plan a luncheon menu, exemplifying these points.

Name several ways in which fruits may be served in the luncheon menu. Illustrate with several recipes serving citrus fruits in uncooked and cooked form.

When is a mid-meal lunch recommended? What foods should it provide?

SUGGESTIONS TO THE TEACHER

Have students develop a basic luncheon pattern for each one's individual needs. A simple basic luncheon pattern for an average high school student includes:

1 glass of milk to drink (or a milk soup, cottage cheese, a custard, ice cream, etc.)
1 serving vegetable other than potato (salads good)
1 serving fruit (beverage, salad or dessert)
1 serving starchy or sweet food (potatoes, rice, macaroni, or a dessert such as a pudding or cake or cookies in a lunch box)

One of these dishes served hot, if possible

If the students bring lunches, have them give special care to planning a good basic lunch box menu pattern. If there is a school lunch room, plan ways in which students' choices of luncheons may be improved, through such things as educational talks and health posters.

If students are serving relief meals, see that these are planned to afford a good source of vitamin C, since this factor is so often inadequate in a low cost dietary.

OFFER OF MATERIAL

For further information and recipes send for free copy of Sunkist Recipe Booklet to:

Educational Department
California Fruit Growers Exchange
Box 530, Station C
Los Angeles, California
(Printed in U. S. A.)